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## Today is Wellness Wednesday: Lunch and Learn about addictions

Stan Hankins will speak on addictions at noon on Wednesday, May 18, during a Lunch and Learn session on the cafeteria patio of the CHR Building in Frankfort. The Cabinet's Wellness Committee sponsors the Lunch and Learn sessions.



Hankins will speak on the characteristics and patterns of addictions and offer some basic steps that can be taken to overcome them. Overcoming addiction to substances, such as tobacco, is an important step to maintaining a healthy life. The 20-minute presentation will be followed by a 10-minute question-and-answer period.

Hankins has a master's degree in clinical psychology and works in the Department for Public Health's Substance Abuse Prevention Program, where he provides prevention training and assistance with the prevention data system and the funding prevention enhancement site.

## Get Moving CHFS!

We are more than halfway through our pilot project and closing in on our completion date of June 3. Cabinet enthusiasm and participation have been phenomenal. Thanks for all of your hard work. CHFS is proud of you.



## Reporting PAMs

As of Friday, May 13, Get Moving CHFS! participants had reported more than 62,000 physical activity miles (PAMs). Awesome numbers, folks!

Captains should continue to turn in weekly PAM calculations to Joyce Jennings (CHR mailstop 3C-G).

## We're getting closer

Focus on your overall team goal: 420 PAMs by June 3!

Our target date is less three weeks away. Check on your progress to date, and work with your team to help meet its ultimate goal of 420 PAMs. You can do it!

## Bicycling is good for the environment and for you

By Anne Parr, R.N.

While racking up those PAMs, consider bicycling, especially since May 16-20 is Bike to Work Week. Regular exercise such as biking provides a myriad of health benefits. Some of the benefits include:



- ◆ Reduces risk of coronary heart disease
- ◆ Reduces the risk of stroke
- ◆ Reduces the risk of chronic diseases
- ◆ Lowers health care costs
- ◆ Improves the quality of life for people of all ages

Bicycling is part of the solution to many of our nation's problems: the obesity epidemic, traffic congestion, air pollution and more. Some 64 percent of adults and over 15 percent of kids are overweight today, resulting in 300,000 premature deaths and a cost to society of approximately \$117 billion a year.

If the average person biked to work or shopping once every two weeks instead of driving, we could prevent the pollution of close to one billion gallons of gasoline from entering the atmosphere every year. For more information on biking, visit <http://www.bikemonth.com>.



## Women: Choose to Move from the American Heart Association

*The American Heart Association offers free physical activity program to assist women in building a healthy lifestyle*

**Choose To Move** is a free 12-week physical activity program for women. The program shows women how to be physically active, eat healthy, love their body, select nutritious foods and take time for themselves.

**Choose To Move** explains practical ways for women to increase their physical activity and reduce their risk of

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heart disease and stroke. The program focuses on helping building more physical activity into their existing routine, not creating new routines that are hard to fit into the day.

For more information, visit the American Heart Association's Choose to Move Web site at:  
<http://www.s2mw.com/choosetomove>.

While supplies last, your registration will include a FREE American Heart Association Healthy Heart Walking CD. Check it out!

## Mayo Clinic provides tips on stretching and flexibility

The following information is compiled from  
[www.MayoClinic.com](http://www.MayoClinic.com) – Tools for Healthier Lives

### Benefits of stretching

Add regular stretching to your fitness goals to experience these benefits:

- ◆ Increased flexibility and better range of motion of your joints. Flexible muscles can improve your daily performance. Tasks such as lifting packages, bending to tie your shoes or hurrying to catch a bus become easier and less tiring. Flexibility tends to diminish as you get older, but you can regain and maintain it.
- ◆ Improved circulation. Stretching increases blood flow to your muscles. Blood flowing to your muscles brings nourishment and gets rid of waste byproducts in the muscle tissue. Improved circulation can help shorten your recovery time if you've had any muscle injuries.
- ◆ Better posture. Frequent stretching can help keep your muscles from getting tight, allowing you to maintain proper posture. Good posture can minimize discomfort and keep aches and pains at a minimum.
- ◆ Stress relief. Stretching relaxes tight, tense muscles that often accompany stress.
- ◆ Enhanced coordination. Maintaining the full range of motion through your joints keeps you in better balance. Coordination and balance will help keep you mobile and less prone to injury from falls, especially as you get older.



### No gym required

Stretching is something you can easily do anytime, anywhere — in your home, your office, or even when you're traveling. Aim to stretch at least three times a week. If you can't get a full workout in, you can still benefit from stretching at least that often.

The following links will take you to examples of specific stretches outlined by the Mayo Clinic:

- ◆ [How to stretch your major muscle groups](#)
- ◆ [Stretches you can do in your office](#)

### Stretching essentials

Basic stretches to improve your flexibility focus on your body's major muscle groups: calf, thigh, hip, lower back, neck and shoulder.

- ◆ Warm up first. Stretching muscles when they're cold increases your risk of pulled muscles. Warm up by walking while gently pumping your arms, or do a favorite exercise at low intensity for five minutes.
- ◆ Hold each stretch for at least 30 seconds. It takes time to lengthen tissues safely. Hold your stretches for at least 30 seconds — and up to 60 seconds for a really tight muscle or problem area. That can seem like a long time, so wear a watch or keep an eye on the clock to make sure you're holding your stretches long enough. For most of your muscle groups, if you hold the stretches for at least 30 seconds, you'll need to do each stretch only once.
- ◆ Don't bounce. Bouncing as you stretch can cause small tears (microtears) in the muscle, which leave scar tissue as the muscle heals. The scar tissue tightens the muscle even further, making you even less flexible — and more prone to pain.
- ◆ Focus on a pain-free stretch. If you feel pain as you stretch, you've gone too far. Back off to the point where you don't feel any pain, then hold the stretch.
- ◆ Relax and breathe freely. Don't hold your breath while you're stretching.
- ◆ Stretch both sides. Make sure your joint range of motion is as equal as possible on each side of your body.
- ◆ Stretch before and after. Light stretching after your warm-up followed by a more thorough stretching regimen after your workout is your best bet.

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## Dietary Guidelines for Americans 2005

Eating healthy is a major part of your overall good health. Good dietary habits can also reduce risk for major chronic diseases. Choosing the right foods can help your body work properly and give you energy to burn.



Read on for important dietary guidelines from the U.S. Department of Health and Human Services.

## ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS

- ◆ Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt and alcohol.
- ◆ Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.

## WEIGHT MANAGEMENT

- ◆ To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.
- ◆ To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

## FOOD GROUPS TO ENCOURAGE

- ◆ Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.
- ◆ Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- ◆ Consume three or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.

- ◆ Consume three cups per day of fat-free or low-fat milk or equivalent milk products.

For more information on the Dietary Guidelines for Americans 2005, visit [www.health.gov](http://www.health.gov).



**Find your personal nutritional guidelines at MyPyramid.gov**

**One size doesn't fit all.** The MyPyramid Plan can help you choose the foods and amounts that are right for you.

Visit [www.mypyramid.gov](http://www.mypyramid.gov) for your specific nutritional guidelines.